

Kingstowne Center for Active Adults

6488 Landsdowne Center Alexandria, VA 22315



Operating Hours: Monday - Friday 9 a.m. to 4 p.m.
Phone: 703-339-7676, TTY 711

www.fairfaxcounty.gov/ncs

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

July 2016

| Programs | | | |
|------------------------------|----------------------|-----------------------|--|
| Program | When | Time | Description |
| Open Gym | Monday - Friday | 9 a.m. | |
| Internet Café | Monday - Friday | 9 a.m. | |
| Zumba Gold | Wednesday | 9:15 a.m. | If you are looking for a fun exercise class, this one is for you. This is a high energy Latin inspired dance fitness class. Class fee. |
| Yoga | Tuesday and Thursday | 9:15 a.m. | This class uses breathing techniques and principles of Hatha Yoga to move through standing and floor postures to improve circulation, flexibility, stamina, balance and coordination. Appropriate for individuals who can stand and get up and down from the floor easily. Class fee. |
| Conversational French club | Wednesday | 10:30 a.m. | |
| Conversational Spanish Club | Wednesday | 11:30 a.m. | |
| Line Dancing Club | Monday | 7 p.m. | |
| Intermediate Line Dancing | Friday | 10:15 a.m. | Class fee |
| Jazzercise Lite | Monday | 11:30 a.m. | This 45 minute class combines moderate aerobics with exercises designed to improve your strength, balance and flexibility. |
| Beginner Integral Tai Chi | Tuesday/Thursday | 1 p.m./10:30 a.m. | |
| Integral Tai Chi | Tuesday | 2 p.m. | This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact form of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control. |
| Tai Chi at KCAA &KL | Thursday | 10:30 a.m. | This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact form of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control. |
| Chair Jazzercise | Monday | 10:30 a.m. | This is a 55 min. class combines moderate chair aerobics with exercises designed to improve your strength, balance and flexibility. The routines are mixed with seated and standing moves using chair for balance, if needed. |
| Healthy Heart | Tuesday/Thursday | 9:10 a.m. | At the Franconia Moose Lodge. Is an hour long moderate to vigorous workout that incorporates a variety of aerobic moves to increase cardio-vascular fitness, increase muscular strength and endurance, and improve flexibility. Comfortable clothing, sturdy fitness shoes and water bottle are recommended. |
| KGB Gamers' Club | Thursday | 9 a.m. | |
| Scrabble Gamers Club | Thursday | 2:30 p.m. | |
| Total body Workout | Monday | 9:15 a.m. | Class fee. |
| Chair Yoga | Friday | 11:15 a.m. | |
| Mahjong Club | Tuesday/Thursday- | 11:30 a.m./12:30 p.m. | Similar to the Western card game rummy, mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. |
| Mat Pilates Core & More | Friday | 9:15 a.m. | Class fee. |
| Piano Lessons | Tuesday/Friday | 2:30 p.m./2:15 p.m. | Class fee. |
| Sunshine Store Open | Friday | 9 a.m. | All new or clean and in season garments are welcome as well as other household items in good condition. |
| Bingo | Friday | 12:30 p.m. | Designed by the Arthritis foundation, it provides gentle exercise movements that will help overcome pain. Class fee. |
| Chair & Beyond-Zumba Gold | Wednesday | 10:30 a.m. | Class fee. |
| Move to the Beat | Wednesday | 12:30 p.m. | |
| Balance and Strength | Tuesday | 10:30 a.m. | This class is designed to improve one's balance and muscle tone by combining traditional weight work with balance skills, such as standing on one leg, gait pattern variations, seated resist-a-ball exercises and center of gravity work included. |
| Yoga Flow | Monday | 2 p.m. | |
| KCAA Jam Session | Wednesday | 2 p.m. | informal jam sessions to sit back, dust that instrument off and play some informal music. Bring your own instrument. |
| Fit 4 Life | Tuesday | 12:30 p.m. | |
| Tai Chi for first timers | Tuesday | Noon | |
| Ballroom Dancing | Wednesday | Noon | |
| Classes | | | |
| Class | When | Time | Description |
| FallProof series | Thursday | 1 p.m. | |
| Conversational Italian | Tuesday | 11 a.m. | |
| Intermediate Spanish Class | Monday | 11:30 a.m. | |
| Art Class | Friday | 1 p.m. | |
| Bridge Class | Friday | 2:30 p.m. | |
| Open Bridge Play | Friday | 1 p.m. | |
| One on One Computer tutoring | Wednesday | 9 a.m. | |

| Classes | | | |
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| Class | When | Time | Description |
| Conversational English class | Wednesday | 12:30 p.m. | Registration required. |
| Computer Clubhouse | Monday | 1 p.m. | |
| iClassiphoneiPad | Monday | 9:30 a.m. | Registration required. |
| Beginner Belly Dancing | Thursday | 2 p.m. | Class will be taught every Thursday starting on March 5 at 2 p.m. Use muscles you didn't know you had, and stretch in directions you don't normally go, strengthening, improving balance and having fun at the same time. |
| Meditation Class | Thursday | 9:30 a.m. | |
| Chronic Disease Management | Tuesday | 10:30 a.m. | You must sign up in advance. This class must have 10 people. Held at the Kingstowne Library. |
| Painting class | Thursday | 9 a.m./12:15 p.m. | our oil painting teacher, Marge Soper, will be presenting an art exhibit of her student's work complete with refreshments 'a la art gallery style. Kingstowne is definitely coming up in the world. Many, many thanks to our fantastic art teachers!! |
| Special Events/Trips | | | |
| Event/Trip | When | Time | Description |
| Walmart/Kohl's | 7/6/16 | 10:15 a.m. | Trip of necessity. Reservations required. |
| Springfield Plaza | 7/13/16 | 10:15 a.m. | Trip of necessity. Reservations required. |
| Target at Springfield | 7/20/16 | 10:15 a.m. | Trip of necessity. Reservations required. |
| Cracker Barrel | 7/27/16 | 10:15 a.m. | Trip of necessity. Reservations required. |
| Watermelon Social | 7/1/16 | 12:15 p.m. | |
| Ice Cream Social w/ SUP Teens | 7/13/16 | 12:30 p.m. | |
| Trip Check-in -Bebe Winans | 7/15/16 | 5:30 p.m. | |
| trip check-in- medieval Times | 7/21/16 | 8:30 a.m. | |
| Game Night w/ DJ | 7/8 and 7/22 | 3:30 p.m. | will now be held on the first AND third Friday nights of each month. The hours are 4 p.m. until 9 p.m. Everyone should bring a dish to share and a friend if you'd like, ready to have a great time. This is a great way to meet new members and introduce friends to the Center. |
| History Club | 7/8 and 7/22 | 12:45 p.m. | |
| Caregiver's group | 7/11/16 | 2 p.m. | |
| TBA-Trip-Universal Soul Circus | 7/29/16 | TBA | |
| Blood Pressure Check | 7/7/16 | Noon | |
| FCFD speaker | 7/12/16 | 12:30 p.m. | The Fire Department is putting a great deal of emphasis on home safety for seniors. Please come with any questions you may have. |
| July Birthday Celebration | 7/29/16 | Noon | |
| Community Meetings | | | |
| Meeting | When | Time | Description |
| KCAA- Art Group | 7/7 and 7/16 | 7:30 p.m. | |
| Travel Club Cruise meeting | 7/13/16 | 2:30 p.m. | |